

Hook 'n Sling

Count: 80

Wall: 1

Level: Phrased Advanced

Choreographer: Fred Whitehouse (IRE) - April 2024

Music: All This Love (feat. Harlow) (Hook N Sling Remix) - Robin Schulz



Intro: 16 Counts, Start at approx 8 secs

Sequence: A, A, B, B, C, C, A, B, B, Tag, C, C, Ending

Part A

SEC 1 Shuffle, ½ Shuffle, Back Rock, Full Turn

- 1&2 Step right forward, step left beside right, step right forward
3&4 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (6:00)
5-6 Rock right back, recover weight onto left
7-8 Turn ½ left step right back, turn ½ left step left forward (6:00)

SEC 2 ¼ Turn Syncopated Rocks, ¼ Side Point, Clap x2

- 1-2& Turn ¼ left rock right to right, recover weight onto left, step right beside left (3:00)
3-4& Rock left to left, recover weight onto right, step left beside right
5-6 Rock right forward, recover weight onto left
&7&8 Turn ¼ right step right to right, point left to left, clap, clap (6:00)

SEC 3 Cross Rock, Side Shuffle, Kick & Touch & ¼ Slide

- 1-2 Cross rock left over right, recover weight onto right
3&4 Step left to left, step right beside left, step left to left
5&6& Kick right forward to left diagonal, cross right over left, touch left behind right, step left back
7-8 Step right to right, turn ¼ right sliding left towards right (9:00)

SEC 4 Step, ¼ Pivot, Cross Shuffle, Full Box Turn

- 1-2 Step left forward, pivot ¼ right transferring weight on to right (12:00)
3&4 Cross left over right, step right beside left, cross left over right
5-6 Step right to right, turn ¼ left step left to left (9:00)
7-8 Turn ¼ left step right to right, turn ½ left step left forward (12:00)

Part B Dance on Nightclub Timing

SEC 1 Step, Step ½ Pivot Step, Step ½ Pivot Step Sweep, Cross, Side, Back Rock, ¼ Back

- 1 Step right forward
2&3 Step left forward, pivot ½ right transferring weight on to right, step left forward (6:00)
4& Step right forward, pivot ½ left transferring weight on to left
5 Step right forward sweeping left from back to front (12:00)

Arms Burst both arms over head

- 6& Cross left over right, step right to right
7-8& Rock left back, recover weight onto right, turn ¼ right step left back (3:00)

SEC 2 ¼ Nightclub Basic, Side Lunge, Look, ¾ Rolling Turn, Back Rock, ¼ Side, Back, Back Rock

- 1-2& Turn ¼ right step right to right, step left beside right, cross right over left (6:00)
3& Lunge left to left, look left
4& Turn ¼ right step right forward, turn ½ right step left back (3:00)
5-6 Rock right back, recover weight onto left
&7 Turn ¼ left step right to right, step left back lifting right leg forward (12:00)
8& Rock right back, recover weight onto left

Part C

SEC 1 Syncopated Press Rocks With ¼ Turn

- 1-2& Press right forward, recover weight onto left, step right beside left
- 3-4& Press left forward, recover weight onto right, turn ¼ left step left beside right
- 5-6& Press right forward, recover weight onto left, step right beside left (9:00)
- 7-8& Press left forward, recover weight onto right, step left beside right

SEC 2 Walk x3, Shuffle, Step, ½ Pivot, Shuffle

- 1-2-3 Step right forward, step left forward, step right forward
- 4&5 Step left forward, step right beside left, step left forward
- 6-7 Step right forward, pivot ½ left transferring weight on to left (3:00)
- 8&1 Step right forward, step left beside right, step right forward

SEC 3 Diagonal Rock, Weave, Hold, & Behind, Hold, & Cross

- 2-3 Rock left to left diagonal, recover weight onto right
- 4&5 Step left behind right, step right to right, cross left over right
- 6&7 Hold, step right to right, step left behind right
- 8&1 Hold, step right to right, cross left over right

SEC 4 Side Rock, Cross Shuffle, ¾ Reverse Rolling Vine

- 2-3 Rock right to right, recover weight onto left
- 4&5 Cross right over left, step left beside right, cross right over left
- 6-7-8 Turn ¼ right step left back, turn ¼ right step right to right, turn ¼ right step left forward (12:00)

Tag

SEC 1 Step, Hold, Side, Hold, Circle Body

- 1-2 Step right forward, hold

Arms Place right arm to right side

- 3-4 Step left to left, hold

Arms Place left arm to left side, holding hands with person on both sides

- 5-6-7-8 Push body right, bend both knees keeping body right, push body left, straighten legs

SEC 2 Walk x3, Kick, Back x3, Touch

- 1-2 Step right forward, step left forward
- 3-4 Step right forward, kick left forward

Arms 1-4 Raise both arms up still holding hands

- 5-6 Step left back, step right back
- 7-8 Step left back, touch right beside left

Arms 5-8 Lower arms and release hands

SEC 3 Cha Cha Timing Steps x4

- 1 Step right to right
- 2&3 Step left beside right, step right beside left, step left to left
- 4&5 Step right beside left, step left beside right, step right to right
- 6&7 Step left beside right, step right beside left, step left to left
- 8& Step right beside left, step left beside right

SEC 4 Full Walk Around

- 1-2 Turn ⅛ right step right forward, turn ⅛ right step left forward (3:00)
- 3-4 Turn ⅛ right step right forward, turn ⅛ right step left forward (6:00)

Styling 1-4 Shimmy Shoulders

- 5-6 Turn ⅛ right step right forward, turn ⅛ right step left forward, (9:00)
 - 7-8 Turn ⅛ right step right forward, turn ⅛ right step left forward (12:00)
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